



RIDGEFIELD  
**BICYCLE**  
COMPANY

**RBSC**  
RIDGEFIELD BICYCLE SPORT CLUB



Community. Competition. Camaraderie. | group rides : runs : swims : parties : races : clinics : events



# RIDGEFIELD BICYCLE SPORT CLUB

## Where do I find the Rides?

- Regularly Scheduled Ride Calendar:
  - RBSC Website: [www.rbsclub.org](http://www.rbsclub.org)
- Ride Updates, Routes, Pace, Distance, One-Off Rides:
  - Ridgefield Bicycle Company Facebook Page:  
[www.facebook.com/ridgefieldbicycle](http://www.facebook.com/ridgefieldbicycle)

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What level rider am I?

<b>A</b>	<p><b>Very Demanding</b></p> <p>– Fast Paced on difficult terrain. Distance 30-60 miles. Pace lines may form. For riders with experience, in top condition and looking for an emphasis on conditioning. Ride leader could be anywhere in the group. If you have any doubts, try a B+ ride first.</p>	<b>17-20 mph</b>	At leader's discretion	rider's responsibility	At leader's discretion. Riders may get dropped. Leader assumes all riders can and will safely find their way home. No sweep.
<b>B+</b>	<p><b>Strenuous</b></p> <p>– Same as A, but slightly slower.</p>	<b>15.5-16 mph</b>	At leader's discretion	rider's responsibility	Regroup at major hills and intersections. No sweep.
<b>B</b>	<p><b>Quick</b></p> <p>– Emphasis on riding, but more social. Terrain may be difficult. Distance <u>20-50</u> miles. Riders should have experience in group rides and be an intermediate bike handler.</p>	<b>14-15 mph</b>	– Every 10-20 miles	leader helps	Regroup at hills and major intersections. No sweep.
<b>C+</b>	<p><b>Restrained</b></p> <p>– More chit-chat. Riders will have solo riding experience but may be new to group riding. Terrain and speed more moderate. Distance <u>15-25</u> miles. Ride leader may give advice to those not accustomed to riding in groups.</p>	<b>13-13.5 mph</b>	– Longer stops – Every 10-15 miles	leader helps	No one gets dropped. Ride leader sweeps.
<b>C</b>	<p><b>Casual</b></p> <p>– Relaxed cruise. Ideal for a beginner. Distance 10-15 miles. Terrain as flat as possible (not an easy feat in Ridgefield!). Pace is slow, ride leader helpful in guiding new riders and giving pointers.</p>	<b>12-12.5 mph</b>	– Longer stops – Every 5-10 miles	leader helps	No one gets dropped. Ride leader sweeps.



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## Pre-Ride Safety Check

- Sign In!
- Pump tires
- Examine tires
- Check for loose stuff & Bar/wheel alignment
- Have enough hydration for the duration of your ride, drink before thirsty.
- Road food, always carry food, eat before your hungry.
- Have a stocked flat repair kit: tube, air, tire levers
- It is a good idea to carry cash, insurance card, drivers license copy, credit card
- Blinking lights: white in the front, red in the back like a car
- Phone
- Glasses
- No loose clothing
- Sunblock

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## What do I need to know before I go?

- Know the route. Bring the route. Be prepared if you must leave the ride.
- Know the Pace, Elevation, and Your Abilities.
- Group Ride Size: Optimal 6, At the Most 8. The group may split.
- Know the Etiquette.
- Know the traffic laws.
- Check for updates, cancellations, changes on RBCo Facebook pre-ride.
- Be Prepared: Tires Pumped, etc...see Pre-Ride Safety Check.

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## RBSC Group Ride Skills & Etiquette:

Applies to all levels, speed and proximity will be determined by level of group.

### Basic Riding Skills: (Begets Sound Group Riding Skills)

- Follow all the rules & laws of traffic.
- Be Predictable to cars & other riders. Be the cyclist you want to see when you are in your car.
- Your bike goes where you look. Keep in mind when looking behind you or when avoiding obstacles
- Relax your upper body. Use it for breathing, shifting and breaking.
- Use your lower body for power and for guiding the bike.
- Know how your gears work. Shift just before it gets harder to pedal.
- Ride within a handlebar of the white line. Do not ride out in lane.
- Never cross or ride near the yellow lane, ever.
- When you stop for any reason, make sure you are out of the lane of traffic.

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## Ride Smart: Group Communication

- Signal &/or Verbally call obstacles within one foot of riders line (shaking hand)
- Use hand signals when safe: not on downhills or sketchy roads.
- Pass communications down the line so all can hear.
- Signal Right and Left Turns.
- Call & Signal 'Stopping' or 'Slowing': Never slow down unexpectedly. (hand down, palm out)
- Call 'Standing.' Your bike moves backwards when you stand.
- When you hear 'Car Back', communicate with the rider next to you. Signal you are coming in.
- Obstacle/Runner Up: Hand behind you, waving away from obstacle.
- Call 'Mechanical, Stopping' when you have a mechanical issue. Pass it up the group if you hear it. Never stop in the middle of the group. Signal and roll out of the way to a safe spot.
- Do not call out 'Clear.' Every rider must check for themselves.

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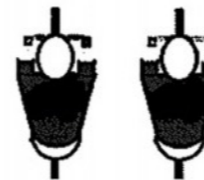
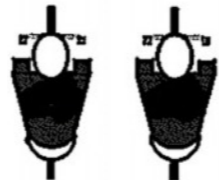
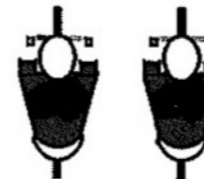
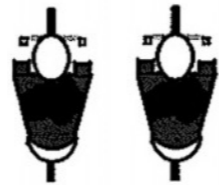
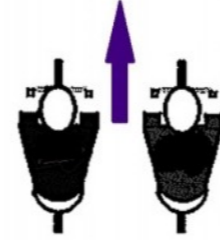


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Ride Steady:

Group Ride

Formation



Single  
Formation

Double  
Formation

- Ride every other wheel, left-right-left-right. You should be able to see the wheel in front of you and the wheel of one rider up.
- Do not fluctuate to the left and right of the wheel in front of you. It effects everyone behind you. Pretend you have a tail and everything you do effects it.

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## Group Riding Skills & Etiquette:

- Ride smooth, steady: Hold your line.
- Keep a steady pace. Avoid Yo-Yo'ing.
- Pedal smooth and consistently. Keep the cadence of the group.
- Never cross wheels (Wheels overlapping planes.)
- Avoid suddenly braking...sit up, soft pedal, feather brakes, etc.
- Avoid Half-Wheeling...it is polite to ride at the same pace as the rider next to you.
- Downhills: Pedal through the downhills in front, avoid accordion effect.
  - No passing on the downhills!
- Passing: Only pass on the left, unless rotating (see Pacelining/Rotating section below.)
- Turning: Always signal. Take the lane.
- Cornering: Hold your line, do not swing out into lane.

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## Group Riding Skills & Etiquette:

- Ride single on busy or narrow roads....never more than two abreast.
- Things you may do on your own may not be okay for the group...blowing your nose, spitting, you get the idea...
- Hands near the brakes at all times. No aero bars, ever.
- Rotate who pulls the group in front. The Ride Leader will designate how long it is expected to stay in front on pace-lines. If not pace-lining, share the front by rotating out every 1-2 minutes.
- Stay together...Its a group thing!
  - Turn off your power meters...this is about the group
  - Avoid surging ahead of group.
  - Ride together up hills, especially rollers.
  - On steep hills, regroup at the top.
- Use courtesy, common sense and be safe.

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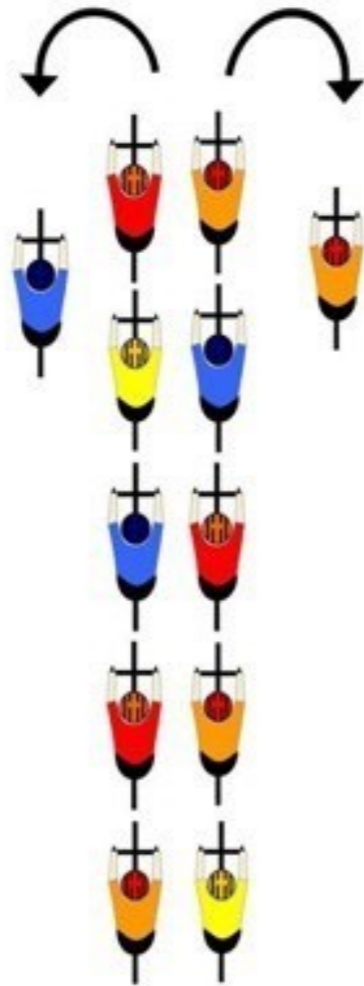


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## Rotating through a Group:

### Double Pace Line

Riders line up in pairs



### Single file Pace Line

Ride single file when conditions are not suitable for riding two abreast.



### Circular Pace Line *(Advanced Skills)*

Riders cycle in two parallel lines and circulate, each taking an immediate turn once coming to the front.



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## Formation/Rotating/Pace-lining:

- Paceline Rotation: 20-30 second pulls.
- Casual Rotation: 1-2 minute pulls.
- When riding behind the person in front, don't ride too far out in the lane. They won't be able to see past you when looking to pull off the front. (Remember the 'ride to the right' rule.)
- When coming off the front of the group, stay steady and keep pedaling. Only slow down when you have moved out of the front of the group.
- Once off the front, slow down to get to the back of the group quickly.
- The last person in line should say 'Last' as the outside rider approaches the back of the group.
- Car Back:
  - Inside rider verbalizes they are slowing to allow outside rider in, 'Come in'
  - Rider on inside stops pedaling allowing rider on the outside in as quickly and safely as possible. (Do not hit the brakes.)
  - When clear, the rider who pulled in signals out and goes to back of line.
  - If you are in the front, do not pull off until it is clear.
- Token pulls: If you are tired or not as strong, come off the front right away.
- Every action has a reaction...go over obstacles instead of swerving, use brakes cautiously, communicate and have fun!



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## WHERE DO I SIGN UP???

-Go to [www.ridgefieldebicycle.com](http://www.ridgefieldebicycle.com),  
follow links for  
Ridgefield Bicycle Sport Club

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